Values Beliefs Attitudes



Participants will:

- Identify what you bring to your work with people
- Review your values, beliefs, attitudes and behaviours
- Describe the impact these have on your behaviour with people you work with

What do we mean by:

- Values
- Beliefs
- Attitudes
- Behaviours



What do we mean by:



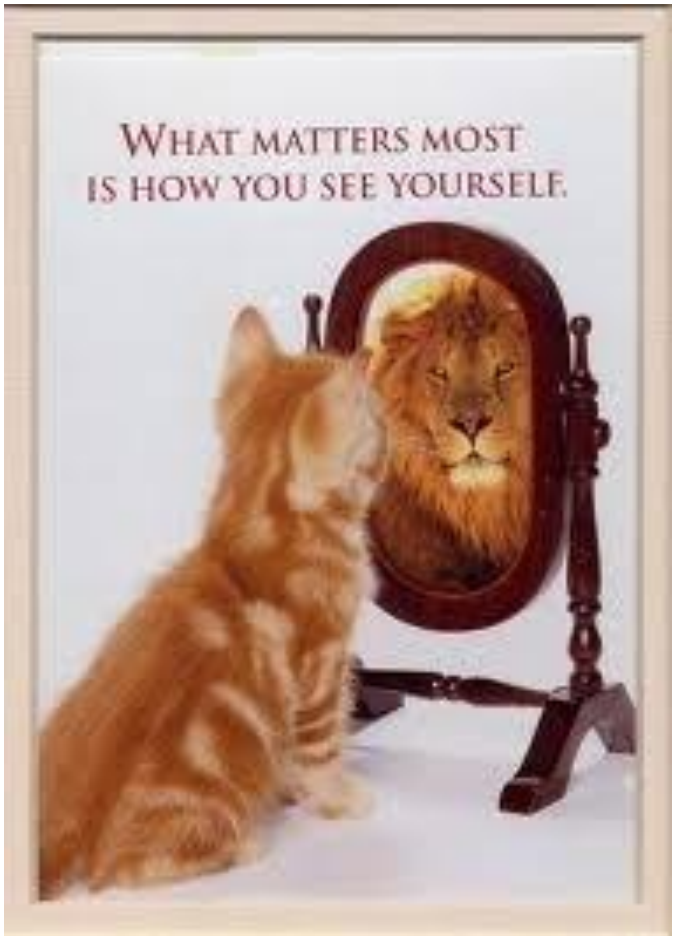
- **Values:** one's judgement of what is important in life
- **Beliefs:** an acceptance that something exists or is true, especially one without proof - a thought we keep thinking!
- **Attitudes:** a settled way of thinking
- **Behaviours:** the way in which one acts

Based on definitions from the Oxford Dictionary of English

How we see ourselves

Write on each post-it a different word that describes how you see yourself

- Focus on things that are central to your sense of yourself
- Be honest!
- Could include what you value, believe, your attitude or behaviour
- Could be role, needs, group membership…



How we see ourselves

Consider each item in turn:

- How would it be if this was no longer true for you?
- How would it feel?
- What would you do?
- What would your life be like then?

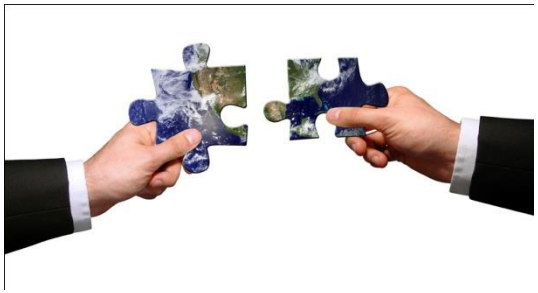


How we see ourselves

Put the statements into rank order:

- First statement should be one you find most essential to your sense of self
- If lost, it would require biggest adjustment
  - NOT what you would like to be at the top, but based on adjustment if lost

Effects of how we see ourselves on our work with clients



- Share what you feel comfortable sharing
- How does ‘who you are’ influence how you interact with people?

Activity adapted from Interpersonal Skills at Work

John Hayes